







ECFC May/ June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>Scrambled Eggs & Bacon</i> Macaroni & Cheese Mixed Fresh Veggies Ranch Oranges Milk PM Snack: Cereal	2 <i>Sausage Muffin & Hard Egg</i> Chicken Nuggets Mashed Potatoes & Gravy Baby Carrots Pears Milk PM Snack: Graham Crackers	3 <i>Cinnamon Bun Applesauce</i> BBQ Pork Baked Beans Celery Sticks Fruit Variety Milk PM Snack: Cheese & Crackers
6 <i>Breakfast Pizza</i> Cheeseburger on Bun Steamed Broccoli w/ Cheese Baby Carrots Rosy Applesauce Milk PM Snack: Pretzel & Juice	7 <i>Cereal & Toast</i> Chicken Parmesan Dipper Bread & Margarine Cooked Carrots Celery Sticks Mixed Fruit & Milk PM Snack: Salsa & Chips 	8 <i>Cinni Minis</i> Mini Pancakes & Sausage Hash Brown Coins Baby Carrots Mandarin Oranges Milk PM Snack: Cheese & Crackers	9 <i>Flapstick</i> Pizza Garden Salad w/ Tomato Ranch Fruit Variety Milk PM Snack: Goldfish	10 <i>Apple Frudel</i> Soft Taco Lettuce, Cheese & Salsa Refried Beans Banana Milk PM Snack: Apple
13 <i>French Toast Sticks</i> Chicken Patty on bun Corn Baby Carrots Pineapple Milk PM Snack: Fresh Fruit 	14 <i>Biscuit & Gravy</i> Chicken & Noodles Steamed Broccoli Baby Carrots Applesauce Milk PM Snack: Animal Cracker	15 <i>Muffin & Yogurt</i> Grilled Cheese Cow Boy Beans Sunset Sipper Mixed Fruit Milk PM Snack: Goldfish	16 <i>Scrm Eggs, Baco, Toast</i> Cheese Stuffed Bread Sticks Marinara Sauce/ Green Beans Carrot Sticks Oranges Milk PM Snack: Yogurt	17 <i>Donut</i> Fish Sticks Mixed Fresh Veggies Ranch Dressing Fruit Variety Milk PM Snack: Cereal & Milk
20 <i>Mini Waffles</i> Hamburger on Bun Tater Tots Baby Carrots Pears Milk PM Snack: Muffin	21 <i>Sausage & Cheese Slider</i> Corn Dog Baked Beans Baby Carrots & Ranch Peaches & Jello Milk PM Snack: Graham Crackers	22 <i>Cereal & Toast</i> 4 Cheese Garlic Bread Marinara Sauce Green Beans Apple Milk PM Snack: Oranges	23 <i>Flapstick</i> Chicken Patty on Bun Corn Baby Carrots Rosy Applesauce Milk PM Snack: Salsa & Chips	24 <i>Breakfast Pizza</i> Cheese Quesadilla & Salsa Romaine Salad Baby Carrots Fruit Variety Milk PM Snack: Pretzels
 <p>Remember - our fallen heros. They are the reason that we are free.</p>	28 <i>Long John</i> Pizza Broccoli & Cheese Carrot Sticks Mandarin Oranges Milk PM Snack: Variety	29 <i>Frudel</i> Popcorn Chicken Oven Fries Baby Carrots Peaches Milk PM Snack: Variety	30 <i>Cereal & Toast</i> Walking Taco Lettuce, Cheese, & Salsa Refried Beans Pears Milk PM Snack: Variety	31 <i>Mine Pancakes</i> Turkey & Cheese Wrap California Blend Vegetables Baby Carrots Fruit Variety & Cookie Milk PM Snack: Variety 

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<p>June 3 Oatmeal Hot Dog on Bun Sweet Potato Tots Baby Carrots Mandarin Oranges Milk PM Snack: Variety</p>	<p>June 4 <i>Cinnamon Bun</i> Chicken Patty on Bun Baked Beans Celery Sticks Fruit Variety Milk PM Snack: Variety</p>			
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